



IDAHO DEPARTMENT OF
HEALTH & WELFARE

Bureau of Community and Environmental Health

**FISH CONSUMPTION ADVISORY
For American Falls Reservoir**

Fish samples taken from the lake in 2004 detected mercury at levels that may affect certain people's health. As a result, pregnant women, breastfeeding mothers and children under 7-years-old are advised to limit the number of smallmouth bass, Utah sucker, Utah Chub and trout they eat from American Falls Reservoir.

Recommended fish consumption levels are as follows:

Women who are pregnant, breastfeeding, or planning to become pregnant should limit the fish they eat from American Falls Reservoir to no more than:

- 3 six-ounce meals per month of smallmouth bass and Utah sucker, or
- 6 six-ounce meals per month of Utah chub, or
- 8 six-ounce meals per month of trout.

Children under the age of seven should not eat more than:

- 1 four-ounce meal per month of smallmouth bass and Utah sucker, or
- 2 four-ounce meals per month of Utah chub, or
- 4 four-ounce meals per month of trout.

How I can reduce the amount of contaminants from fish.

- Eat smaller fish instead of larger ones.
- Eat fish that do not feed on other fish (non-predators).
- Eat smaller amounts of fish at each meal. A meal is considered 8 ounces before cooking. Try eating 3 or 4 ounces per meal.
- Regularly check and follow the fish consumption advisories

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